

## **Abstract**

This dissertation examines the enigmatic and complex phenomenon of disorganised attachment which is characterised by a paradoxical blend of intense proximity-seeking and avoidance behaviours. My work endeavours to unravel the intricate tapestry of this attachment pattern by delving into origins, manifestations, and the far-reaching impact on individuals across their lifespan.

My focus is to explore how a disorganised attachment style manifests within the therapy room from both the client and the therapist and the impact this has on their ability to work relationally. I will demonstrate my understanding of the subject through a literature review which will reflect on methodology and identify effective therapeutic interventions and strategies for working with clients with disorganised attachment. This will then be expanded upon in a case study with the focus of examining the impact of shared disorganised attachment on the therapeutic alliance. This dissertation contributes to a more nuanced understanding of disorganised attachment, its significance, and the implications for therapeutic practice.